

PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTION

SESSION 6: EQUALITY AND RELATIONSHIPS

TOPIC	Materials (Handouts)	Advisor Talking Points
INTRODUCTION Current Abuse Status	<ul style="list-style-type: none"> • Guide 1 - Cycle of Abuse • Workbook – Cycle of Abuse Assessment 	<ul style="list-style-type: none"> • During our sessions we have talked about the fact that you and your partner had some conflicts. Conflict is a normal part of relationships and couples have a variety of ways of solving differences. • But it is very concerning when couples solve their differences by a woman and her baby getting hurt. • You remember we have talked about how the fighting can affect you or your baby and that your partner may use many different behaviors or words to hurt you and to control you. • We also talked about why you may have chosen to stay (or to leave). • We have also talked about your circle of support. • Since we have last talked how have things been in your relationship? <i>(Use Workbook – Cycle of Abuse – let her fill in where she is on the Cycle and give examples)</i> • Where are you on the Cycle? – Please tell what has happened since we last talked. • Tell about any new incidents of abuse. • Has your behavior changed? How? • Has his behavior changed? New types of abuse? Controlling behavior? • Have you used the calendar – to note when your partner hurts you? Uses controlling behavior? • Were you able to carry out any of your Safety Plan? <ul style="list-style-type: none"> • What were you able to do? • Which part was harder to carry out? • Has thinking about and creating your circle of support helped?
PARTNER ABUSE EDUCATION The Equality Wheel	<ul style="list-style-type: none"> • Guides 2-3 • The Equality Wheel 	<ul style="list-style-type: none"> • Whether you choose to say or to leave or to ask your partner to leave, working toward a relationship that will be safe for you, your children and your baby is to strive for equality in your relationship. • A relationship is not safe for you when your partner uses behavior or words to have power

		<p>or to control you.</p> <ul style="list-style-type: none"> • A relationship that is safe for you is a partnership where you and your partner have a balance of power = Equality <p>(Refer to Guides 2-3 –The Equality Wheel)</p> <ul style="list-style-type: none"> • The Equality Wheel shows examples of how a safe relationship works; • For example in a safe relationship partners use: <ul style="list-style-type: none"> • <u>Negotiation and Fairness</u> – Use ways to settle a conflict that is acceptable to both partners; willing to compromise • <u>Non-Threatening Behavior</u> – Your partners talks and acts in a way so that you feel safe and comfortable about talking and doing things • <u>Respect</u> Your partner listens to you without making a judgement against you; partner shows emotional support and understanding • <u>Trust and Support</u> – Your partner supports your goals; your partner respects your right to have your own feelings, opinions, friends and activities • <u>Honesty and Accountability</u> - Your partner accepts responsibility for himself, his past abuse; admitting being wrong; communicating openly and truthfully • <u>Responsible Parenting</u> – Sharing parenting responsibilities; being a positive role-model for the children • <u>Shared Responsibility</u> – Both partners agree on a fair distribution of work; making family decisions together • <u>Economic Partnership</u> – Making money decisions together; making sure both partners benefit from financial arrangements • Making your relationship safer and moving towards Equality can be done gradually, a little at a time. • Which part of the relationship do you think you and your partner could begin to change? • Let’s talk about some ways that you could begin to make changes and also keep yourself and your baby safe. <p>Note – Have her think about things she could do; discuss the safety and potential steps she could use to make gradual changes</p>
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SAFETY ASSESSMENT	<ul style="list-style-type: none"> • Guide 4 – Safety Status Assessment • Workbook – Safety Assessment 	<p><i>(Reassess her current abuse status – Use Guide 4 – Safety Assessment Questions)</i></p> <ul style="list-style-type: none"> • Is your current partner or a former partner hurting you? <ul style="list-style-type: none"> • <i>Assess Her Safety (Guide 4 – Workbook)</i> <ul style="list-style-type: none"> • Is the abuser here now? __ Yes __ No • Are you afraid of your partner? __ Yes __ No • Are you afraid to go home? __ Yes __ No • Has the physical violence increased in severity? __ Yes __ No • Has the abuser ever been reported for child abuse? __ Yes __ No • Have children witnessed violence in the home? __ Yes __ No • Has he threatened to kill you? __ Yes __ No • Has he threatened to kill himself? __ Yes __ No • Is there a gun in the home? __ Yes __ No • Does he use drugs or alcohol? __ Yes __ No <p>There is no Score that equals Danger – In general the more “Yes” answers, the greater the potential for Danger; note if she is afraid or afraid to return home to the partner; if he has a gun and if he is using alcohol or drugs. - Express your concern.</p> <p>I am very concerned for your immediate safety. There are several things we can do right now – we can call a family member or friend, I can call the shelter or I can call the social worker – what do you think would be best?</p>
OPTIONS	<ul style="list-style-type: none"> • Guide 5 – Options • Pamphlet – Options – (page 3) 	<ul style="list-style-type: none"> • You have options or choices- that will help you to stay safe and to keep your baby safe • <i>(Refer to Guide 5 - Pamphlet – Page 3)</i> • Your options are to: <ul style="list-style-type: none"> • Stay with the abuser <ul style="list-style-type: none"> • If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom; remove weapons); Call the police if he abuses again; Attend a battered women’s support group; Get the abuser to go to batterer’s intervention; Get him to go to substance abuse treatment; Get counseling for the children; Get counseling for yourself • Remove the abuser (ARREST) <ul style="list-style-type: none"> • Best way to stop the abuse; Temporarily removes the abuser; Police can arrest and file charges- woman can file charges and police arrest; Filing a report is

		<p>not the same as filing charges – Ask the police what they are filing; Court can order him to batterer intervention program</p> <ul style="list-style-type: none"> • Protective Orders <ul style="list-style-type: none"> • Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan • Leave the Abuser <ul style="list-style-type: none"> • Battered Women’s Shelter • Family or Friends
<p>SAFETY PLAN</p>	<ul style="list-style-type: none"> • Guide 5 – Safety Plan • Pamphlet – Safety Plan (page 4) • Pamphlet – Resources (page 5) 	<ul style="list-style-type: none"> • I am glad you were able to talk about the abuse in your relationship. • Now we can discuss things you can do to keep you and your baby safe. • <i>(Refer to Guide 5 – Safety Plan- page 3 of Pamphlet)</i> • TRY TO DO THE FOLLOWING: <ul style="list-style-type: none"> • Hide money • Hide extra set of house or car keys • Establish code with family and friends • Ask neighbors to call police if violence begins • Remove weapons • Have available <ul style="list-style-type: none"> • Social security numbers (his, yours, children) • Rent and utility receipts • Birth certificates (yours and children) • Bank account numbers • Insurance policies and numbers • Marriage license or divorce decree • Valuables (jewelry) • Important telephone numbers • Hide bag with extra clothes • Talk to children • What are your Personal Safety Strategies: <ul style="list-style-type: none"> • Will you do something different in the next few weeks? • List what steps you will take on the safety plan between now and the next time we meet.
<p>PERSONAL RELATIONSHIP STRATEGIES</p>	<p>Guide 7- Personal Relationship Strategies</p>	

		<ul style="list-style-type: none"> • Use the Calendar to make notes of the conflicts and fighting between now and when we meet again. • Let's also make a list of the things you will do to move towards Equality in your relationship. • <i>Use Page 5 of the Pamphlet</i> • Let's also List or Update other Resources (Telephone Numbers) <ul style="list-style-type: none"> • Emergency • Shelter • Counseling • Legal • Pregnancy Advisor • Other • Is it safe for you to take this pamphlet home or should I keep it here? • I also have a card with some helpful numbers – it does not indicate that they are abuse numbers – would you like to take this home instead?
CONCLUSION		<p>This week you will be thinking about and trying to take small steps towards Equality in your relationship.</p> <p>I want you to remember that you do not cause the abuse or are to blame for the abuse. No pregnant woman or her unborn baby deserves to be hurt. You have started to think about your relationship, using a calendar to keep notes about your relationship, your options and a plan for your safety and the safety of your unborn baby, and your children, who may be witnesses. Each time we meet we will talk about what is happening in your relationship with your partner and how things are going with your partner and your safety plan.</p>